

June 30th is the Deadline for Next Year's Self Help Project Submissions

There is only one month left for communities to submit proposals for FY12 (2013) Self Help projects. Communities and Associations should contact sshlome@state.gov to receive detailed information on how to submit a Self Help project. Projects are typically \$5,000 USD maximum and seek to improve the economic livelihood of communities and provide basic humanitarian needs such as sanitation, education and water.



HIV/AIDS Military Conference in Mozambique Asks Countries to Step Up National Budget Contribution

The DOD hosted four military doctors and the U.S. Embassy Public Health Assistant, Dian Samtu, at the 2012 HIV/AIDS Conference in Maputo May 7-10.

The annual conference provides military doctors in Africa, Asia and Latin America training on HIV/AIDS program management. This year's conference also addressed the future of HIV/AIDS program funding around the world.

In 2000, African countries including Togo signed an agreement to allocate at least 15% of their national spending to health care. Twelve years later, Tanzania is the only country to reach this goal. Currently, the Togolese government does not allocate any budget to HIV/AIDS programs within the military, a key at-risk population. 100% of the funding comes from the U.S. DOD DHAPP program in Togo.

The U.S. is asking for all countries with PEPFAR/DHAPP programs to increase their allocation to these programs. After 30 years of U.S. support it is time for national leadership to commit more of their own funding.

Togo's DHAPP program has already taken steps to ask military leaders to lobby for an HIV/AIDS budget line in the larger military budget. The U.S. Embassy and the FAT HIV/AIDS program is committed to working towards a Togolese financial contribution.



USAID Family Planning Efforts in Togo Continue

Togo is a central country to USAID's West Africa regional Family Planning Program. In 2010, Togolese women were having on average 4.7 children each. At the current birth rate, Togo's population is set to surpass 10 million people by 2030. A larger population means the need for more schools, hospitals, waste control, food, and jobs.

USAID discovered that there is a large demand for family planning in Togo, but the supply of birth control methods and trained health professionals did not match this demand. In partnership with EngenderHealth, USAID has begun working with the Togolese Ministry of Health to increase the supply of birth control options in Togo and train local health practitioners on appropriate distribution of these methods.

Below you can see some of the many options distributed at no cost to hundreds of women in May at a USAID event in Lome:



- 1) A natural birth control method that teaches women who do not to or cannot take medication to control pregnancy via monitoring their temperature and counting the days of their menstrual cycle;
- 2) Standard birth control pills taken daily to prevent pregnancy;
- 3) (Trained medical nurses explain birth control implants to the audience of women);
- 4) Two different birth control injections that are given in the arm. One prevents pregnancy for 2 months and the second prevents pregnancy for 5 months;
- 5) Intra-Uterine Device (IUD Implant) that acts as a long-term birth control option (5-12 years) as long as the device is in the uterus. It can be taken out by a trained health care advisor if the woman wants to get pregnant before that period.

For more questions about family planning contact your local health care provider!